



AN EXPRESSIVE SPEECH ACT ANALYSIS OF STEPHEN COLBERT'S *THE LATE SHOW*

A FINAL PROJECT

In Partial Fulfillment of the Requirement
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In English Department, Faculty of Humanities
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**FACULTY OF HUMANITIES
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PRONOUNCEMENT

I states truthfully that this project is compiled by me without taking the results from other research in any university, in S-1, S-2, and S-3 degree, and in diploma. In addition, I certain that I do not take the material from other publications or someone's work except for the references mentioned in bibliography.

Semarang, July 2020

M Wisda Pratama Hidayat

MOTTO AND DEDICATION

“Life is short. Always choose happiness”

-Anonymous

I dedicate this final project to people who care about me

APPROVAL
AN EXPRESSIVE SPEECH ACT ANALYSIS OF STEPHEN
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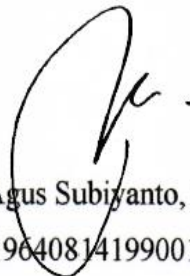
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Praise to Allah, the project Expressive Speech Act Analysis of Stephen Colbert's *The Late Show* is finally completed. In this moment, I want to thank everyone who had helped me completing this project.

First, I want to thank my project advisor, Mytha Candria S.S., M.A., M.A., for her unconditional support, guidance, advice, suggestion that helped me in completing this project.

My gratitude also goes to:

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3. Dr. Nurhayati M.Hum., the Dean of Faculty of Humanities, Diponegoro University.
4. Members of Binatang Aer, and Racana Diponegoro.

In order to make the project better and useful, I will always accept any recommendation and suggestion to improve this project.

In the end, I hope this project can be useful for anyone who wants to learn about expressive speech act.

Semarang, July 2020

M Wisda Pratama Hidayat

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ABSTRACT

This research analyzes expressive speech acts found on the TV show The Late Night Show that hosted by Stephen Colbert. This research goal is to identify the types of expressive speech acts used by Stephen Colbert and Oprah Winfrey as hosts and guest stars, as well as identifying the implied meaning of these expressive speech acts. The author uses the speech act theory from Searle, and SPEAKING mnemonic from Dell Hymes. This research is using observation method with note taking for collecting qualitative data. The results of this research are the discovery of four types of expressive speech acts that are often used, as well as various implied meanings of expressive speech acts used.

Keywords: expressive speech act, speaking mnemonic, talk show, colbert, winfrey

1. Introduction

Language is an instrument used to communicate with other people. It is used to express information, ideas, and feelings towards others. When people talk to each other, they express not only meanings but also attitudes. This expression of attitude is called 'speech act'. Speech act has different categories, and in this study I will focus on expressive speech act as one category of speech act.

I took example of expressive speech act progression in Stephen Colbert's show called *The Late Show*. *The Late Show* is an American famous TV show that was released on 8 September 2015, with Stephen Colbert as the host, executive producer, and also writer. *The Late Show* has since become an excellent TV show because of Stephen Colbert's ingenuity in delivering humors and questions to his guests. Until now, Colbert has called many people from different jobs, talents, races, even political backgrounds to his show.

For this study, I want to research one episode of the show in which Colbert interviewed Oprah Winfrey, who was invited because of her influence as an outstanding black woman in America. According to *Forbes*, Oprah Winfrey has 2.9 billion dollars of net worth, putting her #298 in the *Forbes 400*, and still remains as the only black female billionaire in history. *Forbes* also noted that she received a Philanthropy score 4 out of 5, meaning that she had donated more than \$300 Million in her entire life. According to *TIME*, she was known as *The Most Powerful Woman* from 2004 to 2011.

I am choosing this topic of speech act because I want to know the type of expressive speech acts that has used by analyzing any action that has been performed. In order to discover good communication link between the host and the guest, I also interpret the meaning of the speech carefully. In order to support the expressive speech act analysis, I also presenting Dell Hymes's SPEAKING mnemonic.

2. Theoretical Framework

2.1 Previous Studies

This research had some relationship with the previous findings related to speech act such as:

Salsabilla (2017), in her thesis entitled “Autistic Children’s Expressive Speech Acts”. The aim of her research was to analyze the expressive speech act based on Searle categories in autistic children. The result of the research shows that the writer had found 9 types of expressive speech act produced by autistic children such as apologizing, disapproving, protesting, approving, complimenting, thanking, greeting, welcoming, and rejoicing.

Tambunan (2018), in her thesis entitled “Expressive Speech Acts in Ellen Show: An Interview with Ed Sheeran”. The aim of her research was to analyze the most dominant expressive speech act, and the implication of the speech act. The result of the research shows that the writer had found 5 expressive speech acts such as surprising, sadness, thanking, congratulating, and thanking.

Sirwan (2017) on his thesis entitled “An Analysis of Expressive Speech Acts Used by Steve Rogers as the Main Character in *Civil War* Movie”. The aim of his research is to analyze expressive speech act used by Steve Rogers. He also using Dell Hymes’s SPEAKING mnemonic in order to know the purpose of interaction in detail.

Siregar (2018), on her thesis entitled A Study of Expressive Speech Act Used by the Characters in “Orphan” Movie Script. The aim of her research was to analyze expressive speech act in “*Orphan*” movie script. The result shows that the writer had found 5 expressive speech acts such as thanking, apologizing, congratulating, greeting, and wishing.

Based on the previous findings above, this research had the similarities and the differences. All of the research above was talking about expressive speech act. The difference from this research was the object of research. In Salsabilla's research, the object is autistic children. In Sirwan's and Siregar's research, the object was movie script. While in this research focused on expressive speech act on a Talk Show, and also interpreting the meaning of the expression that shown.

2.2 Classification of Speech Act

Speech acts are utterances that perform actions. Thus, speech acts concern the use of language in relation to the context, the attitude of the speaker, and the effect to the hearer. George Yule (1996:47) writes that one action of speech will contain one of the three related acts, which are 'Locutionary Act' (the act of saying something), 'Illocutionary Act' (the act of doing something), and 'Perlocutionary Act' (the act of affecting someone).

The minimal units of human communication are speech acts of a type called illocutionary acts in form of statements, questions, commands, promises, and apologies (Austin:1962). An illocutionary act consist of an illocutionary force (F) and proportional content (P). For example, between utterances "I will go to school" and "I'm going to school now!" have the same proportional content, namely that I will go to school. However the characteristic of the first utterance is illocutionary force of a prediction, and the second is illocutionary force of an order. Any element of a natural language which can be literally used to indicate that an utterance contains certain illocutionary force is called *illocutionary force indicating device* or *IFID*.

Both Austin and Searle have proposed some categories to classify the speech act, but I am going to note Searle's categorization instead. Searle (1979) classifies speech act into five categories, namely Assertive, Directive, Commissive, Expressive, and Declaration

Assertive is an act that commits the speaker to the truth of an expressed proposition. It shows the speaker's belief about something that can become true or false in a form of boasting, complaining, or concluding. For example: "The Earth

is flat.” **Directive** is an act that the hearer wants to make the speaker do something in form of asking, ordering, or suggesting. For example: “Can you wash the clothes, please?” **Commissive** is an act that the speaker wants to be done in the future, and it can be in the form of planning, vowing, promising, or opposing. For example: “I’m going to gym next week.” **Expressive** is an act that expresses the speaker’s feeling about the situation. Expressive speech acts take the form of thanking, welcoming, complimenting, etc. For example: “You are beautiful today.” **Declaration** is a speech act where the speaker changes the state of current condition in an immediate way, such as “You are fired!”

2.3 Expressive Speech Act

According to Searle and Vanderveken (1985:211), expressive speech act can be categorized into apologize, condole, thanking, congratulating, deploring, lamenting, complaining, protesting, boasting, compliment, praising, welcoming, and greeting. However, there are only four expressions found in this research that will be explained. They are greeting, praising, complimenting, and boasting.

Praising is an expression of admiration. It presupposes that the thing praised is good. It is not necessary to get an approval from the hearer as it always is a bold statement. **Compliment** is an approval expression about something of the hearer. It assumes that the hearer is complimenting a good thing, even though it does not necessarily be good for him. Compliment also can be either assertive or expressive. Han (1992) cited in Yousif (2003:15) states that compliments can be used to express admiration and replace greeting acts. Wolfson (1988) stated that a compliment occurs most frequently between moderately close people. Family members do not exchange compliments as frequently as school friends when they meet each others. **Boasting** is where the speaker expressing pride or positive feeling about its own achievement towards the addressee. It also can be either assertive or expressive. **Greeting** is only marginally an illocutionary act as it has no propositional content. Saying “Hi” can be defined as a courteous indication of recognition, with assumption that the speaker has just encountered the hearer. In contrast to Searle and Vanderveken (1985: 215), Malinowski (in Nodoushan,

2006: 3) defines an expression of greeting as a special kind of speech, which means it is a type of speech in which ties of union are created by exchange of words. In Dr Maysa'a's journal (2010: 2), greetings are speech acts used to achieve functions by having meanings or propositional contents.

2.4 Dell Hymes's Speaking Mnemonic

A sociolinguistic theorist, Dell Hymes (1974:75) proposes a new approach to help the labelling of component of linguistic interaction because in order to speak a language correctly, people need to learn the vocabulary, grammar, and the context of which word are used. The model was comprised of sixteen components that can be applied to many sorts of discourse; message form, message content, setting, scene, speaker, addressor, hearer/audience, addressee, purposes, key, channels, form of speech, norm of interaction, norm of interpretation, and genres.

To help ethnographers of communications frame their investigation of speech acts and events, Hymes using heuristic method as the way he present it. The eight components of the speaking mnemonic are:

Setting (S) refers to the time and place, physical things included in the situation such as Parents' home for example. **Participants (P)** are the speaker, and the hearer. It includes personal characteristics between the speaker and the hearer if necessary. **End (E)** is to tell the purpose of the event itself, any outcome that the speech act wants to accomplish. **Act (A)** is the topic or subjects of the speech that also content description of the communicative acts. **Key (K)** refers to the tone and manner of the speech act, includes some kinds of gesture and posture. For example in a circus, people tend to be happier and laugh a lot. However, in a funeral, people tend to silence, and mostly wear dark-colored dress as a symbol of sympathy. **Instrumentalities (I)** includes the linguistic code such as dialect, language, speech properties, and channel or the way message travels. Kids can speak informal slang English to each other's, but cannot use it when talking to their parents. **Norms (N)** are the standard socio-cultural rules that apply in the interaction. For example, it is necessary to maintain eye contact when talking to

each other. It also includes the intonation patterns. **Genre (G)** is the type of the given speech. It might be casual poem, myth oration, prayer, etc.

3. Research Methods

This research is qualitative. According to Michael Patton (2002), qualitative research is related to understanding some aspects of social life to begin the data analysis, and it depends on the aim of the research. The purpose of qualitative methods is to deeply understand the research object. The data source is a video taken from *Youtube.com* entitled *Oprah Helps Stephen Makes Anything Exciting*. The main data are the conversations between Colbert and Winfrey. To get the data I needed, I did some techniques which are:

- a. Watching the talk show video to understand what it is about.
- b. Transcribing the conversation of the talk show video
- c. Categorizing all the utterances into one of expressive speech act classification.
- d. Analyzing and presenting the data by using Dell Hymes's SPEAKING theory in a form of table followed by explanation below.

4. Data Analysis

Of the twelve types of expressive speech act classified by Searle, I found out that there are one (1) expression of greetings, nine (9) expressions of compliment, ten (10) expressions of boasting, and two (2) expressions of praising. Those are explained using Dell Hymes's SPEAKING grid below.

4.1 Greetings

Greeting is used when the speaker meets the hearer in a certain situation.

This is an example of greeting taken from conversation:

Colbert : [audience claps]“ We’re back here with our friend Winfrey Winfrey ” Winfrey : “Those guys are so good...” Colbert : “They're amazing band” Winfrey : “Yes, amazing band and I didn't know that there was a Christmas album until today.”		
S-Setting	Setting	At night; at studio.
P-Participant	Speaker Addressee	Stephen Colbert (host) Oprah Winfrey (guest star) The audience at the studio and home
E-Ends	Purpose	Welcome Winfrey and introduce her to the audience Begin the talk show
A-Act	Content Form	Deliver greetings to Winfrey Two-way participants
K-Key		In low tones.
I-Instrument		Oral with informal english
N-Norm		Allowing Winfrey to overlapping. Colbert begin eye contact as soon as Winfrey talks
G-Genre		Conversation.

The analysis above shows that Colbert expresses his action of greetings towards Winfrey in the beginning of the show. The main purpose of greetings is to recognize the hearer at the moment. However, in this case the purpose is slightly extended as it also indicates the beginning of the show. Instead of saying simple "Hi", or "Good evening", Colbert chooses the sentence "**We are back here, with our friend Oprah Winfrey**". This is because Colbert already had a few segments before Winfrey; thus, he implies that he is returning from break and bringing a new guest star. Another reason concerns their relationship. Colbert had some events together with Winfrey back in the date, so they have known each other well. Hence, Colbert uses the phrase “**our friend**” to show their close relationship to the audience.

Before Colbert finishes his greeting, Winfrey overlaps with the utterance "Those guys are so good," that which refers to the band playing at the side. This is very acceptable situation as the conversation happens in low tones and because they know each other well, Colbert did not feel disturbed. Colbert begins to maintain eye contact as the conversation going afterward. The setting is at the CBS Studio, at night. There are audiences that listening to the conversation.

4.2 Compliment

Compliment is used when speaker see or hear something that is good, then he/she gives a compliment to it. This is an example of compliment:

Winfrey	:	"Those guys are so good "
Colbert	:	"They're amazing band"
Winfrey	:	"Yes, amazing band and I didn't know that there was a Christmas album until today."
Colbert	:	"What?"
Winfrey	:	"Yes!"
Colbert	:	"Oh it's fantastic! "Christmas with John Batiste" tearing up the charts. I heard that's a charge yeah probably you got to get it even though the holiday is over, it will keep christ- no, next year, no, no. It'll keep Christmas in your heart every day of the year." [audience claps]
S-Setting	Setting	In the night At the studio.
P-Participant	Speaker Addressee	Stephen Colbert (as host) Oprah Winfrey (as guest star) The audience at the studio and home (as viewer) The band (as the one whom complimented)
E-Ends	Purpose	Colbert and Winfrey give appreciation for the band's performance and greet them.
A-Act	Content Form	Jon Batiste and the band amazing performance and their Christmas album. Two-way participants with third-person object of compliment.
K-Key		In low tone. Little hand gestures.
I-Instrument		Oral with informal English.
N-Norm	Interaction	Overlapping.
G-Genre		Conversation.

The analysis above shows that Colbert and Winfrey are expressing their compliment for the music band. Both agree that the band performance is amazing. After Colbert greets Winfrey, she replies by saying that the band is so good.

Colbert agrees with Winfrey statements. Moreover, both of them do not know that the band had a Christmas album and showing expression of surprise followed by Colbert give his major compliment. Jon Batiste, the band leader, responses by laughing happily at Colbert, showing his acceptance of the compliments.

There is a moment (at the marked "||" part) that Winfrey want to say something but rather than she overlaps Colbert, she lets him finish his sentence. It can be seen as her hands and lips are open, showing an intention to speak.

The markers of the compliments (so good, amazing, and fantastic) are stated explicitly by Colbert and Winfrey. They use low tone, with slight increase tone at the moment they are surprised. Both are using little hand gestures when speaking. Manes and Wolfson (1981), cited in Maysa'a (2008:8) stated that one function of compliments is, it can be purposely used as greetings. So in this conversation, I can say that Colbert and Winfrey are "greeting" the band by using compliments.

4.3 Boasting

Boasting is used when the speaker has achieved his/ her own goal and wants to tell the addressee about it. This is an example of compliment taken from conversation:

Colbert	:	"Okay now speaking of pushing product you have got a new book here called food help and happiness; food health and happiness with Winfrey Winfrey, that's you now how do you like you do so many things? How do you pick like which project you're going to do like?"
Winfrey	:	"Well umm, so I started weight watchers, I've lost forty two point five pounds! [audience clapped]"
Colbert	:	"Wow, wow... "
Winfrey	:	"I, and everybody who came to my house was saying things like, oh gosh I thought you have a watches, you're eating tacos I can't believe you're eating truffles and you're eating stuffed tortellini..."
Colbert	:	"...is that your friends talk?"
Winfrey	:	"Yes it is!"
S-Setting	Setting	In the night. At the studio.
P-Participant	Speaker Addressee	Oprah Winfrey (as guest star) Stephen Colbert (as host) The audience at the studio and home (as viewer)

E-Ends	Purpose	Tell addressee about her accomplishment of doing the weight watchers.
A-Act	Content	Winfrey new book and her losing weight.
	Form	Two-way participants
K-Key		In low tone. Increasing tone when boasting achievement to the audience.
I-Instrument		Oral.
N-Norm	Interaction	Allowing overlapping.
G-Genre		Conversation.

The analysis above shows that Winfrey boasts about her achievement of doing weight watchers and losing forty two point five pounds. She is also boasting that her friend became surprised when they came into her house because they were watching her ate many foods and still losing weight. Colbert previously asked about her new books called "Food, Health, and Happiness."

The boasting expressive sentences mark always comes with first-person point of view. When Winfrey tells the audience, she is using the subject "I" as she is the one who achieved it. Also, when she does it, her face is facing to the audience, and she raises her tones of speech. To strengthen her boasting, she also explains how her friend is surprised about how much food that she had eaten. It is done using different tones. Both the gestures and explanation is necessary to be done in order to give emphasis to the audience and making the audience to believe that it is true.

Winfrey is using hand gestures, while Colbert does not. Both are using low tones. Colbert overlaps Winfrey talks at the end of her explanation, in purpose of making that line of speech become funny.

4.4 Praising

Colbert	: "Good for you. I'll tell you. One of the things, you are an appreciator and, and you have intent with a lot of things yes and, and..."
Winfrey	: "Are you?"
Colbert	: "I actually am-- yeah, pretty content. You know, I, mostly, I pick my own liver about my own behavior about how I treat people I could be a better friend to Jon Batiste. Clearly I'm pretty content, I'm pretty content but you can make anything, any situation uh sound like something you should be content about. You can make things sound really, really nice even if they're you know—

Winfrey	probably not even if they're that great of a situation, oh you're very positive about, about..."	
Colbert	: "Are you talking about that whole...Lo-ve."	
Winfrey	: "Yeah like you know you're gonna lose weight."	
Winfrey	: "Yes well you know that started. You know how it started? No? Okay, so John Travolta was on my show many years ago and I was introduce, and I just loved John Travolta. Isn't he a great guy? He just hazes as a joy to be just something about John Travolta and I just, and I said "Coming up next John Travolta" and it just sounded so good. I was just so happy to be, talking to John Travolta."	
S-Setting	Setting	In the night. At the studio.
P-Participant	Speaker Addressee	Oprah Winfrey (as guest star) Stephen Colbert (as host) The audience at the studio and home (as viewer)
E-Ends	Purpose	Tell addressee about her amazements to John Travolta
A-Act	Content Form	Winfrey previous show with John Travolta. Two-way participants
K-Key		In low tone.
I-Instrument		Oral.
N-Norm	Interaction	
G-Genre		Conversation.

The analysis above shows Winfrey praising towards John Travolta. The context shifted as Colbert tells Winfrey that she is an appreciator that has intention with a lot of things. Then Winfrey tells story about her meeting with John Travolta in her previous show few years ago. She thinks that John Travolta is a great guy, which is why she was amazed to talk about it.

What differs praising from compliment? Praising is only a statement of admiration, regardless of the object of praising. The position of the object is always a third-person, having no relationship or bonds in between speaker and hearer. In compliment, the object of compliment should have a bond or relationship with the hearer, regardless of the point of view. When Winfrey says John Travolta is a great guy, both Colbert, Winfrey, and the viewer do not have any relationship with him; thus, I can call it praising.

5. Conclusion

The goal of this study is to find and explain the types of expressive speech acts used by Stephen Colbert and Oprah Winfrey in a TV program *The Late Show*. After I analyzed all the conversations, I discovered twenty-two (22) utterances that can be described and analyzed into one expression of greetings, nine expressions of compliment, ten expressions of boasting, and two expressions of praising. I used Dell Hymes's SPEAKING mnemonic to breakdown the conversation into deeper analyses. Both Colbert and Winfrey were good at expressing their expression. Both purposely used hand gestures, tone-raising speaks, and facial expression to emphasize their expressions.

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Appendix

COLBERT : “We’re back here with our friend Oprah Winfrey”
WINFREY : “Those guys are so good”
COLBERT : “They're amazing band”
WINFREY : “Yes, amazing band and I didn't know that there was a Christmas album until today.”

COLBERT : “What?”
WINFREY : “yes!”
COLBERT : “Oh its fantastic “Christmas with John Batiste” tearing up the charts. I heard that's a charge yeah probably you got to get it even though the holiday is over, it will keep christ- no, next year, no, no. It'll keep Christmas in your heart every day of the year.”

[Applause]
COLBERT : “Okay now speaking of pushing product you have got a new book here called food help and happiness; food health and happiness with Winfrey Winfrey, that's you now how do you like you do so many things how do you pick like which projects you're going to do like?”

WINFREY : “Well umm, so I started weight watchers, I've lost forty two point five pounds. Wow! I and everybody who came to my house was saying things like oh gosh I thought you have a watches you're eating tacos I can't believe you're eating truffles and you're eating stuffed tortellini.”

COLBERT : “Which is how your friends talk?”
WINFREY : “Yes it is!”
COLBERT : “You’ve got to get new friends.”
WINFREY : “So everybody was talking about all the food there we have a house and I was saying that you can eat anything you want on weight watchers. That's the whole point, so it's the first Time everybody who's watching me over the years knows that I’ve had a few struggles with food and it's the first time I’ve actually felt that I’ve gotten it under control that this is a life sustaining program.”

COLBERT : “Is this a diet book?”
WINFREY : “It's not a diet book. What I did was- because weight watchers counts points not calories. I, I”

COLBERT : “How do you win? Is it low score or high score?”
WINFREY : “Yeah I play my point; I have 30 points a Day. Every food has a point and I play it like a game that's exactly how we do it.”

COLBERT : “Really?”
WINFREY: “At the end of the day I tried it. Like tonight I didn't eat a whole lot although you did have bread for me in the green room.”

COLBERT : “Thank you.”
WINFREY : “You're welcome. Okay so that's like eight four points of bread. I had an egg so I’m going into the night with 21 points for dinner.”

COLBERT : “So bring me the fettuccine alfredo.”
WINFREY : “Yeah I can do that and a couple glasses of wine if I wanted to. Tonight I could, so that's the way I play but this is not a diet book it's a book about my journey with food it's really a food memoir.”

COLBERT : “Really a memoir. So what were some of your happiest memories of food um like childhood memories?”

WINFREY : “Okay good like right here on the beginning first page or I talked about right here where I'm telling you.”

COLBERT : “Want to ask me if I've read this?”

WINFREY : “I'm not. I know better than to do that-*. Okay that's on my farm that's all my”

COLBERT : “That's your farm?”

WINFREY : “It's my farm it's in a farmer I'm a farmer yeah okay I can show you yeah it's coming up right here childhood memories.”

COLBERT : “Oh look at that!”

WINFREY : “So you know one of my favorite memories I tell you.”

COLBERT : “It's a good look.”

WINFREY : “Okay, do you remember Lassie? Are you old enough for Lassie?”

COLBERT : “Yeah, normal, yeah.”

WINFREY : “And so at the end of “Lassie” there was a Campbell's soup commercial remember?”

COLBERT : “No.”

WINFREY : “Where mom is would always say “Timmy, come here” and she would serve him. It was product placement but I didn't know the whole time. I actually thought that, oh gosh little white boys get soup from their moms, you know, I really did and I thought, gee if my mom could only serve me soup that would mean-- I associated that soup is a love thing you know oh yeah.”

COLBERT : “That's lovely. Uh, speaking of love and food the last time you were here we were talking about a beautiful series on religions.”

WINFREY : “Yeah, yeah.”

COLBERT : “Okay so, umm... so the last thing we're talking about was God and this one is about food.”

WINFREY : “Yeah.”

COLBERT : “Okay umm... Jesus said man cannot live on bread alone.”

WINFREY : “Yeah but if he can it make it good. Make it seven-grain I say. Oh...”

[applause]

COLBERT : “Exactly.”

WINFREY : “Go ahead; I don't know where you're going with this.”

COLBERT : “No, no, I'm not entirely sure where I'm going there but when I think of God and food I think of bread you know the bread of life no that kind of thing. How many points would you give Jesus because he's got those washboard abs he looks fantastic?”

WINFREY : “Well, I think I'm seeing a lot of grains and some fish apparently five loaves and some fish he was oh well that that's but you know, the whole points this is based upon how big you are how tall you are and what your weight is so you would probably get more points than I would cause' you're taller than I am. So depending on your weight and size you get more points I get 30, I know some People get 40, 42 to 45 points a day depending on where you are in the program but it's, it's been, it's been it is worked for me and it's not a diet and I'm not sacrificed one day of Losing 42.5 pounds. That's only one.”

COLBERT : “One of the questions-- One of the one of the chapters it says Chapter two, what are you really hungry for, Oprah?”

WINFREY : “Did you do that very well?”

COLBERT : “You'll be hungry.”

WINFREY : “I really am not hungry for anything right now because my favorite word as I say at the end of this is, I’ve come to a point where, you know I’ve achieved a lot of things and done a lot of things and have a lot of stuff and I talk to a lot of people who also achieved a lot of things, done a lot of things, but then they're not content with it so my favorite word right now is contentment.”

“I am so content with just the simplest things, you know actually the picture that best describes me I think is there. A picture in the back of this book that, if you want to say who I am really in my Most private moments that I’m not even Instagramming that's who I am. That's who I am. You see that, that's my dog Luke that's my dog Leila that's the real me right there and I’m eating an apple and he's trying to get it there.”

COLBERT : “Oh is it “When I decided to write this Book a while back I took a long look at myself in a full-length mirror?”

WINFREY : “Yeah I did.”

COLBERT : “Yeah were you wearing any clothes at the time?”

WINFREY : “I was not.”

COLBERT : “You weren’t?”

WINFREY : “I was not, what happened I was got out of the shower.”

COLBERT : “I’m not saying there's anything wrong with it, I mean it's perfectly met It's perfectly natural.”

WINFREY : “I took a look in the Mirror and I’d always been so critical of everything you know over the years, “my thighs, I can't believe and My arms are too—“ and I just stood there and I thought, wow, I’ve been Able to live this long. I know so many People who didn't make it to this number. I'm just going to appreciate who I am and where I am and this body as I have one of the things.”

COLBERT : “Good for you. I’ll tell you. One of the things, you are an appreciator and, and you have intent with a lot of things yes and, and...”

WINFREY : “Are you?”

COLBERT : “I actually am-- yeah, pretty content. You know, I, mostly, I pick my own liver about my own behavior about how I treat people I could be a better friend to Jon Batiste. Clearly I’m pretty content, I’m pretty content but you can make anything, any situation uh sound like something you should be content about. You can make things sound really, really nice even if they’re you know-- probably not even if they're that great of a situation, oh you're very positive about, about...”

WINFREY : “Are you talking about that whole? Lo-ve.”

COLBERT : “Yeah like you know you're gonna lose weight.”

WINFREY : “Yes well you know that started. You know how it started? No? Okay, so John Travolta was on my show many years ago and I was introduce, and I just loved John Travolta. Isn’t he a great guy? He just hazes as a joy to be just something about John Travolta and I just, and I said “Coming up next John Travolta” and it just sounded so good. I was just so happy to be, talking to John Travolta.”

COLBERT : “We've got a- I've got a Challenge for you. Are you up for a challenge?”
WINFREY : “Sure.”
COLBERT : “Okay, what we've done is we've come up with some things that are nearly impossible to be excited about”
WINFREY : “Okay.”
COLBERT : “Some statements, some sentences that you cannot be said in an exciting way but we believe that you have the power that can make even these sentences sound exciting, and if you wouldn't mind I'd like to do with you-- show me how to do and I'll try to do it with you we'll do together all right. Shall we?”
WINFREY : “Okay right okay. What are they?”
COLBERT : “This is Oprah helps Steven make anything exciting!”
WINFREY : “Okay.”
COLBERT : “Okay, ready? This is this is the sugar. This is you. Here this is right there it is. This is the first thing; even Winfrey can make this sound exciting.”
WINFREY : “Your flight has been canceled~ Okay you try it right.”
COLBERT : “The lasting effects of climate change are Irreversible”
WINFREY : “This is not good.”
COLBERT : “You can make it sound good”
WINFREY : “Okay”. “The tests are back, you have chlamydia”
COLBERT : “And you have Chlamydia, and you have Chlamydia, and you have Chlamydia. Scientific around, Winfrey and I are going to cook a sexy breakfast.”